

*SuY El>*

--8. A method of minimizing oil or fat accumulation as body fat comprising ingesting an oil or fat composition at least 85% by mass of which are triglycerides wherein the ratio of medium-chain fatty acids in all the fatty acids as constituents of the oil or fat composition is 5 to 23% by mass, the ratio of triglycerides having two medium-chain fatty acid residues in the molecule in all the triglycerides is 1 to 20% by mass, and the ratio of long-chain saturated fatty acids in all the long-chain fatty acids comprising the oil or fat composition is 20% by mass or less.

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#### REMARKS

New claim 8 is added directed to preferred aspects of the invention.

In their specification applicants set out an objective of providing oil or fat compositions exhibiting the healthful benefits to the consumer, namely reduced accumulation as body fat as compared to other oil or fat compositions; see page 1, lines 7-10 and later on page 4, lines 3-15.

The desirability of observing the ranges and amounts of medium-chain fatty acids as provided in applicants' disclosure and claims is explained at page 6, lines 18-27.

Reduced serum lipids and lowering of lipid concentrations in the blood are noted as additional healthful benefits of consumption of applicants' oil or fat composition discussed at page 14, lines 21-24.

Example 8, pages 23-26 reports animal data comparing the effects on accumulated body fat from ingesting the compositions of the present invention with comparative oil and fat sources; the results are summarized in Table 6.

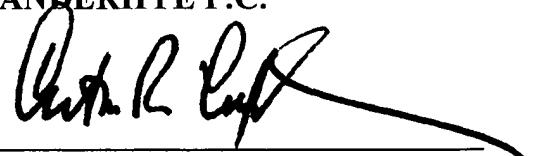
New claim 8 is based upon and directed to these disclosures.

Please examine claim 8 together with the other claims in this application.

Respectfully submitted,

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